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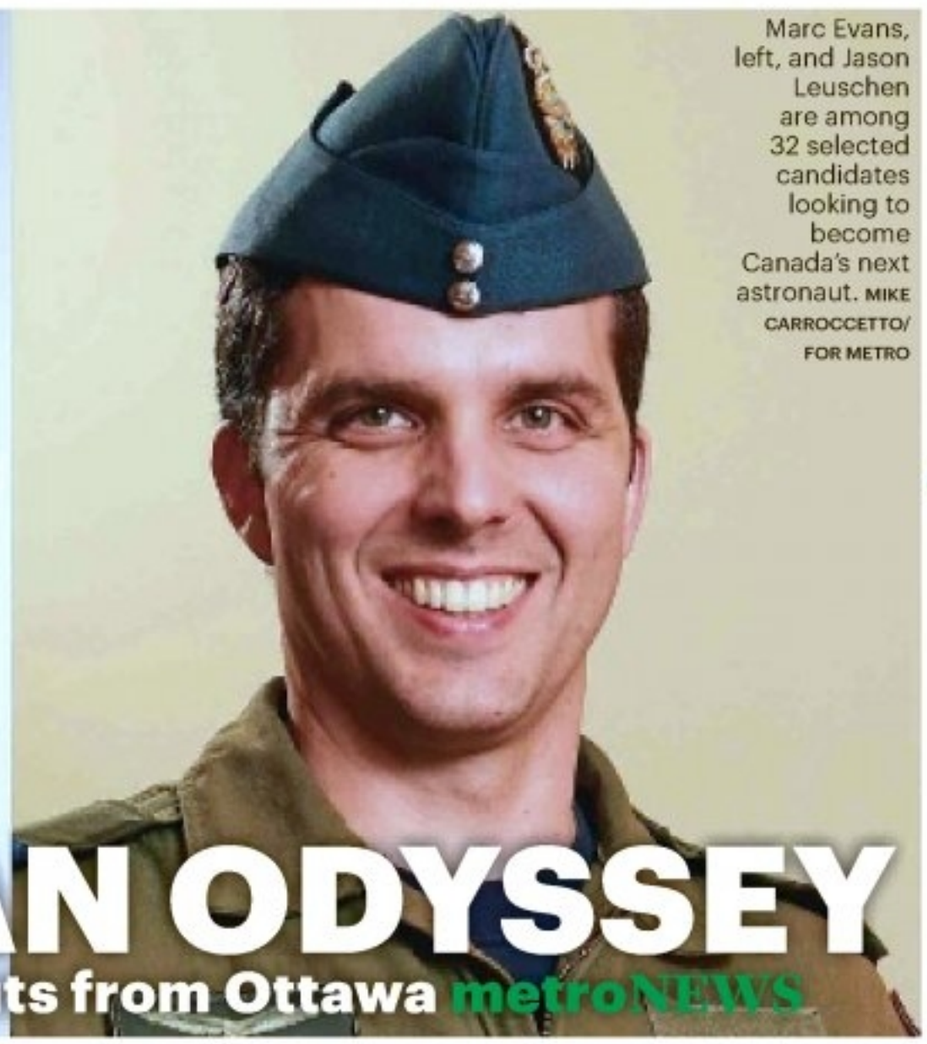

Marc Evans, left, and Jason Leuschen are among 32 selected candidates looking to become Canada's next astronaut. MIKE CARROCCETTO/ FOR METRO

A SPACEMAN ODYSSEY

Meet two aspiring astronauts from Ottawa metroNEWS

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Your essential daily news

Malala Yousafzai to receive Canadian citizenship next week. **Canada**

GOVERNMENT

Opposition filibuster delayed

A group of MPs were just settling in for what they thought would be another marathon meeting over the ins and outs of parliamentary procedures, some wondering whether this would be another long night calling for pizza and caffeine.

Then suddenly, seemingly before some in the room had even begun paying attention, it was over — for now.

Conservative and New Democrats had started a protest at the procedures committee last month, speaking for hours over four days as they tried to prevent the Liberals from passing a motion that would impose a deadline on their study of proposed changes to the way the House of Commons conducts its business.

The opposition filibuster was set to start up again Monday at noon, likely with bluster and bombast from NDP MP David Christopherson, who was raring to go as he spoke to reporters before the meeting began. But then Liberal MP Larry Bagnell, the committee chair, suspended the meeting to allow for more negotiations behind the scenes.

They are scheduled to meet again Wednesday at 4 p.m.

The word was that Opposition House Leader Candice Bergen and NDP House Leader Murray Rankin had headed into a meeting Monday morning with Government House Leader Bardish Chagger, whose discussion paper on suggestions for legislative reform had started this contentious ball rolling in the first place.

That paper proposes changes the Liberals argue are meant to modernize the House of Commons, making it more efficient and relevant. THE CANADIAN PRESS

Politicians ready to revisit whistleblower law hearings

PARLIAMENT

Review of disclosure act is five years overdue

Ryan Tumilty
Metro | Ottawa

At parliamentary hearings this week, MPs are being asked to give public servants more protection when they blow the whistle at work.

The house standing committee on government operations will hear from more witnesses this week as it reviews the Public Servants Disclosure Protection Act, a 10-year-old law that MPs are looking to update.

Duff Conacher, co-founder of Democracy Watch, will present an electronic petition endorsed by 21,000 Canadians for better protections.

Conacher said the government needs a more arm's-length approach to appointing the commissioner who receives complaints. They also need rules that would put the onus on employers to demonstrate they haven't retaliated against whistleblowers, rather than forcing employees to prove they have been targeted, as is the current practice.

> The balance in the current act is more in favour of protecting the wrongdoer. Scott Chamberlain

He said strengthening the act would mean more wrongdoing getting exposed.

"You would have many more cases coming forward. That's why the government hasn't done it."

Scott Chamberlain, director of labour relations and general counsel at the Association of Canadian Financial Officers, said the biggest issue with the act is that it hasn't yet been reviewed, even though the law itself calls for a review after five years.

He said he works with members who want to report wrongdoing and those who are accused of it and, right now, the legislation isn't fair.

"The balance in the current act is more in favour of protecting the wrongdoer than it need be," he said.

Chamberlain said he is hopeful the MPs reviewing the legislation will welcome the potential changes, because if people feel comfortable coming forward problems will be caught early.

"A case of wrongdoing becomes a scandal if it is allowed to fester," he said.

He said there are people who would come forward if they felt the legislation was up to the job of protecting them.

"With an organization as big as the federal government, there should be more people raising wrongdoing."

BYELECTION OTTAWA-VANIER RESIDENTS HEAD TO THE POLLS Voters exit the polling station after voting for a new MP to represent Ottawa-Vanier on Monday. The winning candidate will replace longtime Liberal MP Mauril Belanger, who died in the summer 2016 after being diagnosed with ALS. The riding has been Liberal since its creation in 1935 and the Liberal candidate, Mona Fortier, was expected to win the seat. Visit metronews.ca for full coverage of the result. HALEY RITCHIE/METRO

IN BRIEF

Federal government funds Phase 2 of light-rail line

The federal government will fund LRT Phase 2 all the way to Trim Road and the airport, Orléans MP Andrew Leslie said at a budget breakfast presentation on April 3. Leslie said the budget means all 22 light-rail stations will be funded, which includes stations at Trim Road and the airport spur that were proposed in addition to the original Phase 2 line. METROLAND MEDIA

WEATHER

Snowfall surpassed annual average: Meteorologist

Hold on Ottawa: the double digits are coming soon and the snow should be behind us.

This year the city received 38 per cent more snow than average, Environment Canada meteorologist Peter Kimbell said. Unless we get some April flurries in the next week, the final accumulation will sit around 310 centimetres. The average is 224.

"Statistically we do get significant snow sometimes in April," said Kimbell. "There could be more coming … I won't say it's impossible to have any more snow, but chances are good the white stuff is mostly done."

Things will remain cool and rainy this week, and there's a chance of flurries, but the forecast calls for a week of double-digit highs starting on Sunday.

"The trend after that is warming. The closer we get to mid-April, the lower the chance we'll have snow," Kimbell said.

Kimbell warned that while Environment Canada does put out a seasonal forecast, it's always unpredictable.

The seasonal forecast isn't predicting anything too unusual: right now there's an estimated 50-50 chance we'll have a warmer spring than usual and precipitation rates look to be normal.

"It's our best guess at what is a very difficult thing to forecast," Kimbell said. "When you get beyond a couple of weeks it becomes very hard to forecast accurately." THE CANADIAN PRESS

310

Unless some April flurries flutter down in the next week, the final accumulation will sit around 310 centimetres; the average is 224.

BYLAW

Hookah ban facing charter challenge

Haley Ritchie
Metro | Ottawa

The city is facing a legal challenge over its hookah pipe ban, brought forward by two men who insist the new law violates the charter rights of Arab Canadians.

The applicants named in the legal challenge are Brian Mahmoud, owner of the Lebanese Palace at 919 Industrial Avenue, and Fadi Itaif, a frequent patron at the establishment.

In the suit, the restaurant is described as providing "a space for Middle Eastern individuals and groups to gather and enjoy ethnic food, conversation and to smoke traditional water pipes."

The challenge includes an affidavit from an expert in Arabic culture, and emphasizes that water pipes are "deeply rooted in tradition."

Mahmoud and Itaif claim that the new bylaw banning hookah isn't consistent with the city's multiculturalism policies and the Charter of Rights and Freedoms. They say it discriminates against Arab Canadians and would force the business to close.

The two applicants are being represented by lawyer Lawrence Greenspon, who has requested an injunction on enforcement of the new bylaw.

On Monday evening Medical Officer of Health Isra Levy said enforcement will continue and the city intends to defend itself against the lawsuit.

In a memo to councillors, city clerk Rick O'Connor notes that similar policies have been implemented in Toronto and Vancouver. The case against the bylaw in Toronto is currently being appealed to the Ontario Court of Appeal.

VACCINES

Public Health flags flights for measles risk

Ottawa Public Health is warning people who travelled on two recent flights to watch out for the symptoms of measles.

The agency is flagging two flights from March 22: WestJet flight WS610, which departed Calgary at 10:15 a.m. and arrived in Ottawa at 3:47 p.m., and WS369, which left Ottawa at 4:40 p.m. and arrived in Toronto at 5:42 p.m.

Associate medical officer of health Dr. Robin Taylor said OPH hasn't had any reports of illnesses in Ottawa from these flights yet but there are reasons to be concerned.

"These were the two flights that Toronto Public Health knew that someone with measles was on … and they happened to go through Ottawa," she said.

Taylor said anyone on these flights should keep their eyes open for symptoms like a high fever, sore eyes, cough, runny nose and of course a red rash.

She said that even before the rash emerges people can be contagious, so if they were on one of those flights and have a high fever they should call their doctor and talk about next steps.

"Their doctor who knows their health the best can talk them through whether they should come in or not," she said.

Taylor said people born between 1970 and 1992 only received one measles vaccine shot, which research now shows is not enough to protect against the virus. She said people in that cohort should check with physicians and get their vaccines up to date.

"They may think they're fully immunized … but they are just not as up to date as they need to be."

RYAN TUMILTY/METRO

A nurse loads a syringe with MMR vaccine.
CHUCK STOODY/THE CANADIAN PRESS

The province announced Monday that killing or trapping snapping turtles will now be illegal. COURTESY BART VAN BOCKSTAELE

Province puts end to snapping-turtle hunt

WILDLIFE

Ministry received about 10,000 public comments

Ryan Tumilty
Metro | Ottawa

Snapping turtles have one less reason to fear you after the provincial government moved to end hunt for the slow-moving reptiles.

The government announced Monday that killing or trapping the animals will now be illegal.

Minister of Forestry and Natural Resources Kathryn McGarry said the government has been concerned about snapping-turtle populations for some time and decided it was time for a change.

"We knew that the snapping turtles were a species of special concern, so we have been monitoring their population fairly closely," she said.

Several conservation groups including the Ottawa Field Naturalists Club wrote to the government calling for change

The province had allowed snapping-turtle hunting all year in some areas, and between July 15 and Sept. 15 in other areas. Hunters had a two-per-day limit.

> **"There were not a lot of comments trying to keep the harvest going."**
> Kathryn McGarry

McGarry said a government website that listed proposed changes to the hunt was flooded with people who wanted the hunt banned.

"We had over 10,000 comments about the situation, so that helped us to recognize that the public would be supportive if we closed the harvest," she said.

Turtles were generally not hunted, McGarry said, with only a handful of cases each year, so it was a fairly easy decision she said to end it.

"There were not a lot of comments trying to keep the harvest going."

The turtles' greater threat has been drivers over the past few years, with hundreds of the animals becoming roadkill each summer.

McGarry said people who want to help the animals should watch out for them on the highways.

She also said the resources would be in place for anyone who ignores the ban.

"We will be continuing to work with our conservation officers to be able to enforce it."

PESTS

Rats force firefighters out of stations

Some Ottawa firefighters have been forced to turn tail and flee from their stations, due to an infestation of rats.

The vermin have made themselves right at home around Fire Station 37 on Earl Armstrong Road. Firefighters raised concerns on Saturday about the situation; as a precaution, crews were moved to Stations 44 and 32 nearby.

Crews have found that, in addition to nests on the outside of the building, the rodents have also burrowed their way into a vestibule inside the station.

The city is monitoring the air quality inside the building before determining when crews can back into the station.

The fire service is ensuring residents that there won't be any reduction in service while crews are out of the station.

RYAN TUMILTY/METRO

Two new spacemen cometh

AMBITION

Ottawans among those competing to be astronauts

Alex Parsons
For Metro | Ottawa

"Put the following items in your backpack and be ready to go at 6 a.m."

No, this isn't a hiking itinerary, but instructions given to Canadian Space Agency astronaut recruits. Since 1983, the CSA has run four recruitment programs — once each decade — inviting Canadians to apply for the chance to become astronauts working with NASA.

The current selection process, which will end with the hiring of two astronauts, began in June 2016. Applicants required Canadian citizenship, a degree in science technology engineering or mathematics, good health and three years of professional experience.

Through intensive testing, thousands of applicants were whittled down, first to 72 then to 32 top-tier candidates. Among them are two Ottawans: Marc Evans, an engineer, and Jason Leuschen, a student helicopter pilot in the air force.

"It's pretty exhausting but extremely fun," Evans said.

Evans got a bachelor degree in mechanical engineering from the University of Ottawa, and a master of engineering management at the University of Alberta. He currently works at Med-Eng, a defence company that develops specialized bomb-defusing equipment.

Despite the tension of having just 32 recruits left, Evans said he's enjoying the ride.

"You could bind a book out of the number of questions they ask you" in the initial application, he said.

The intensity of the competition constantly ratchets up, he said, as CSA's evaluators administer a steady succession of mental, physical and psychological tests.

"We're doing firefighting, flood control — we were doing activities in a simulated open-water scenario," Evans said. "They had us in a helicopter cockpit, dunked underwater upside down, and we had to escape out a hatch."

Candidates are taken across Canada to assessment centres, boasting complex simulators.

"We just recently got back from a trip to Halifax," Evans said when he spoke to Metro in early March. "You never know exactly what they're looking for, you have to kind of make your own assumptions and really just be yourself."

Jason Leuschen, the other local candidate, was born in B.C., earned a bachelor of mechanical engineering at the University of Saskatchewan.

"I missed the last round of applications in 2008, so I've been following the CSA website ever since," he said.

He said that while his military training has helped him, the CSA ensures candidates are never fully prepared.

"They did a lot to sort of keep us off balance and under stress and see how we perform," Leuschen said. "You don't even really know what they're evaluating you on.

"You're told, 'There's an emergency, there's been damage below, head downstairs,'" he said, "and you head down into this room, and there's these giant holes in the wall that are just gushing water and it's filling up. So a whole bunch of us that aren't maybe sailors are basically just trying to keep a simulated boat from sinking."

The two astronauts will be named this summer.

"It's hard to sit and enjoy it because right now I'm worried whether I'm making it into the next cut or not," Leuschen said. "I'm working to try and sit back once in a while and enjoy it because it is a pretty awesome feeling to be in the final group."

> It's hard to sit and enjoy it because right now I'm worried whether I'm making it into the next cut. Jason Leuschen

WHAT IT TAKES

In addition to a STEM (science, technology, engineering, math) background, good health and experience, here are some other things the CSA looks for in evaluating astronaut candidates.

- Judgment
- Integrity
- Reasoning
- Teamwork
- Ability to communicate in plain language
- Public speaking
- Motivation
- Resourcefulness
- Height 149.5 cm to 190.5 cm
- Weight 110 to 210 lbs.
- 20/20 visual acuity
- Blood pressure not higher than 140/90

Jason Leuschen, 39 — with daughters Rose, 7, and Violet, 5 — is a mechanical engineer currently in training as an air force pilot. But he's set his sights even higher. MIKE CARROCCETTO/FOR METRO

Marc Evans, a 32-year-old project manager, is one of 32 candidates competing to become a Canadian astronaut. CONTRIBUTED

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Aiming to help East Africa

metro EFFECT

Charity's campaign to help those facing famine

Gilbert Ngabo
Metro | Toronto

A community effort is underway in Toronto to bring some relief to people facing famine in East Africa.

Following last week's Metro series chronicling food shortage in four countries already under the United Nation famine watch, one charity is springing into action.

The International Development and Relief Foundation (IDRF) is launching a campaign for emergency assistance to people in Kenya, Somalia, South Sudan and Ethiopia.

In varying degrees, the four countries have endured three years of drought conditions that devastated crops and livestock, leaving millions of residents at the brink of starvation. But the crisis has largely been overlooked, said IDRF chair Zeib Jeeva.

Members of the International Development and Relief Foundation, which is launching a campaign for emergency assistance to people in East Africa. EDUARDO LIMA/METRO

"We have so many kids that are possibly going to die because aid is not coming," he said. "It's very sad that there isn't much attention about this dire situation. We feel it's our duty to help."

The UN has warned that over 20 million people in Yemen, Somalia, South Sudan and northern Nigeria could soon face a full-blown famine if a $4.4-billion relief fund is not provided by July. Ethiopia and Kenya are not on the UN watch, but the two countries are in the same predicament of a looming crisis in East Africa, according to IDRF.

> **We have so many kids that are possibly going to die because aid is not coming.**
> Zeib Jeeva

As part of the campaign, the charity will partner with organizations on the ground to provide meals to people in need — many of whom have been internally displaced and live in temporary camps.

Jeeva said it is important to provide immediate emergency relief to those facing starvation, but the greater emphasis must be on long-term stability and sustainability of affected communities.

"We can't just be there when the situation is in the media and forget people afterwards," he said.

HEROISM

Malala to be Canada's new citizen

Nobel Peace Prize winner Malala Yousafzai will receive her honorary Canadian citizenship in Ottawa next week.

Prime Minister Justin Trudeau's office says the presentation will take place April 12, when the 19-year-old Pakistani woman will also address Parliament. Former PM Stephen Harper was to have presented the award in Toronto on Oct. 22, 2014.

Malala Yousafzai

But the event was cancelled, because that was the day a gunman attacked Parliament Hill after killing a soldier at the National War Memorial.

Yousafzai became an international symbol for girls' rights after surviving a 2012 attack by a Taliban gunman, who shot her in the head while she was riding a bus home from school in Pakistan. Trudeau's office says he wants to discuss "girls' empowerment through education."

THE CANADIAN PRESS

MANITOBA

'I just want her safe'

The sister of a Manitoba teen who became one of the poster children for the issue of missing and murdered indigenous woman is now missing herself and her family says it all stems from the tragedies she has experienced in her life.

Sarah Fontaine, 16, has lost a father, a sister and a cousin in recent years. She is the younger sister of Tina Fontaine, the 15 year old whose body was found wrapped in a bag in the Red River on Aug. 17, 2014.

"Her and Tina were just inseparable. They were always together, and then when she lost Tina, she felt she just lost everything," Thelma Favel, the great-aunt who took care of the girls from a young age, said Monday.

Eugene Fontaine, father to both Sarah and Tina, was beaten to death on the Sagkeeng First Nation, northeast of Winnipeg, on Oct. 31, 2011. His death was what caused Tina to spiral downward and require foster care, Favel and others have recounted.

Two men pleaded guilty to manslaughter in Eugene Fontaine's death. Another man has been charged with murder in Tina's case and is currently awaiting trial.

Sarah Fontaine. CONTRIBUTED

Last month, the girls' cousin, Jeanenne Fontaine, 29, died after being shot in the back of the head in a Winnipeg house that was set on fire.

"(Sarah) talked about it. She just wanted to know what was happening to the Fontaine family — why they were being murdered," Favel recalled.

Sarah Fontaine got pregnant after Tina was killed, Favel said, and had been living in a Winnipeg-area home with her infant and receiving counselling for about a year.

RCMP reported the girl missing last week. Favel said Sarah drove to Favel's home.

"She wanted to come back home here but she's not ready. She didn't receive the proper counselling that she needed."

Favel said she called police when Sarah arrived last week and the girl and her baby were taken into new, separate homes in Winnipeg-area.

On Monday, Favel learned Sarah had disappeared again.

"I just want her safe," Favel said.

The RCMP said Sarah was last seen on Sunday morning in the Polo Park area of Winnipeg and was last heard from on Sunday afternoon. THE CANADIAN PRESS

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BREXIT

U.K. talks war over Gibraltar

Less than a week after asking for a divorce from the European Union, Britain is talking war.

The dispute over Gibraltar is a conflict of words, not weapons — a matter of bellicose headlines in Britain and bemusement in Spain. But it's a sign of how rough the road ahead could be as the U.K. extricates itself from the 28-nation bloc.

The rocky 6.7 sq. km enclave at the tip of the Iberian peninsula has been a British territory since 1713.

The latest spat was sparked by draft Brexit negotiating guidelines drawn up by the EU, which said no future agreement between Britain and the bloc would apply to Gibraltar unless both the U.K. and Spain agreed.

Officials in Gibraltar accused Spain of using Brexit to force negotiations on the status of Gibraltar, against the wishes of the 32,000 Gibraltarians, who want to remain British.

Former Conservative Party leader Michael Howard said Prime Minister Theresa May would defend Gibraltar as Margaret Thatcher did the Falkland Islands. THE ASSOCIATED PRESS

CHICAGO

Second teen turns himself in

A second teenager suspected in the sexual assault of a Chicago teenager that was streamed live on Facebook turned himself in to police on Monday afternoon.

Police spokesman Anthony Guglielmi said the mother of a 15-year-old boy who was being sought on an arrest warrant issued Sunday brought him to a police station. Guglielmi said the boy would be later brought to a juvenile detention centre where a 14-year-old boy who was arrested in the case over the weekend is being held. Each teen faces felony counts of criminal sexual assault, manufacturing of child pornography and dissemination of child pornography, Guglielmi said.

Police have not provided details about what exactly happened on March 19 when they said five or six males participated in sexually assaulting a 15-year-old girl after she was lured inside a residence by one of the suspects. But they have said that besides the cellphone camera that recorded the incident and streamed it live on Facebook, others at the scene also recorded the sexual assault.

Police haven't released the names of any suspects.

THE ASSOCIATED PRESS

Explosion tears through Russian subway station

ST. PETERSBURG

11 people dead, 45 being treated in hospitals

A bomb blast tore through a subway train deep under Russia's second-largest city Monday, killing 11 people and wounding more than 40 in a chaotic scene that left victims sprawled on a smoky platform. Hours later, anguish and fear rose again when police found and defused a shrapnel-packed explosive device at another St. Petersburg station.

There was no immediate claim of responsibility for the attack, which came while President Vladimir Putin was visiting the city, his hometown. In the past two decades, Russian trains and planes have been frequent targets of terrorism, usually blamed on Islamic militants.

News reports initially said police were searching for two suspects, and Russian state television showed a photo of one suspect wearing what appeared to be a skullcap characteristic of Russia's Muslim regions. However, the Interfax news agency later cited unspecified sources as saying police now suspect the blast was the work of a suicide bomber linked to radical Islamists.

> From now on, I will be scared to take the subway.
> Marina Ilyina

The National Anti-Terrorism Committee said it was looking for the "perpetrators and organizers of the terror attack."

St. Petersburg, a major tourist destination famed for its imperial palaces and lavish art museums, had been spared previous attacks.

"From now on, I will be scared to take the subway," said Marina Ilyina, 30, who brought flowers to the station where the train stopped after the bombing. "We in St. Petersburg thought we wouldn't be touched by that."

The explosion occurred in midafternoon as the train travelled between stations on one of the city's north-south lines.

The driver chose to continue on to the next stop, Technological Institute, a decision praised by the Investigative Committee as aiding evacuation efforts and reducing the danger to passengers who would have had to walk along the electrified tracks.

The National Anti-Terrorism Committee said the death toll was 11, with another 45 people being treated for wounds in hospitals.

Amateur video broadcast by Russian TV showed people lying on the platform of the Technological Institute station, and others bleeding and weeping just after the damaged train pulled in. THE ASSOCIATED PRESS

1 Blast victims lie near a subway train hit by a explosion at the Tekhnologichesky Institut subway station in St. Petersburg, Russia on Monday.
2 Russian President Vladimir Putin places flowers in memory of victims of the blast in the Saint Petersburg station. THE ASSOCIATED PRESS

COLOMBIA

Relatives searching for missing kids, loved ones

Jose Albeiro Vargas last saw his grandson the night fierce rain unleashed havoc on this small city surrounded by rivers and mountains in southern Colombia.

From what Vargas has been able to gather, the torrents of mud, water and debris unleashed on the city of Mocoa by the rain-swollen river swept away his daughter and her 18-month-old grandson, Jadir Estiven. Ever since, has been searching for them without success.

"They were hit by the strongest avalanche," Vargas, a clothing store owner who was so exhausted he could barely speak or open his eyes, said Sunday.

He is far from the only person in Mocoa searching desperately for young loved ones. At least 43 children were among the confirmed dead from the devastating flood, according to President Juan Manuel Santos. The national disaster management agency said Monday that the official death toll had increased to 262.

The young may have been particularly vulnerable in this disaster because nearly all were in bed when the floods surged through the city of 40,000 Friday night and early Saturday.

Maria Cordoba, 52, said two of her nephews, ages 6 and 11, were killed when their house was destroyed. "The mother as well was totally beaten up" but managed to save her 18-month-old baby, she said while at the river trying to clean items she salvaged from her home.

The death toll from the flood, one of the worst natural disasters to strike the country in years, was expected to rise as many people were injured or remained unaccounted for, and bodies were still being pulled from the thick mud, tree limbs and debris that covered much of the city. The deluge smashed houses, tore trees out by the roots and washed cars and trucks away.

Search-and-rescue teams combed through the debris and helped people who had been clawing at huge mounds of mud by hand.

Dozens stood in the door of a hospital, hoping for news of family members who were not on the list of those confirmed dead or injured. Others frantically knocked on relatives' doors, hoping to find someone with information about their loved ones.

THE ASSOCIATED PRESS

A wounded young girl waits for medical attention at a shelter in Mocoa, southern Colombia on Monday.
GETTY IMAGES

Condom topped wine jugs surround winemaker Orestes Estevez at his house in Havana, Cuba. THE ASSOCIATED PRESS

Condoms beat corks

CUBA

Contraceptives cap bottles in wine-making process

The sweet smell of fermenting fruit fills the streets around the modest Havana home where Orestes Estevez and his family fill glass jugs with grapes, ginger and hibiscus, then slip a condom over each glass neck to start the unusual process of winemaking in a land famed for rum.

From origins as an illicit backyard still, Cuba's El Canal winery has become a flourishing business that annually produces thousands of gallons of wine flavoured with guava, watercress and beets.

Estevez, 65, has made wine for decades.

After a career in the military and security services he legalized his business and opened a tiny winery in 2000 as communist Cuba took the first steps toward allowing private enterprise.

The winery has become a neighbourhood attraction, with residents of the El Cerro neighbourhood sitting on the curb at all hours sipping Estevez's wine from green glasses.

The most remarkable sight, however, is hundreds of bottles capped with condoms that slowly inflate as the fruity mix ferments and produces gases. When the fermentation is over and there are no more gases, the condom stops inflating and falls, and the wine is ready for bottling.

"Putting a condom on a bottle is just like with a man," Estevez said. "It stands up, the wine is ready, and then the process is completed."

All told, it takes a month to 45 days to produce a jar of wine. Estevez's product is bottled and sold for consumption in homes and restaurants, with sales at an average of 50 bottles a day for 10 Cuban pesos (40 cents) apiece.

It's an accessible pleasure for Cubans who earn an average of $25 a month and can't afford imported wine that sells for at least half of that, and often many times more, in state-run liquor stores.

THE ASSOCIATED PRESS

+ IMPROVISING

Cubans make do with what they have, and condoms have been put to many new uses.

- Fishermen use inflated condoms off Havana's seaside promenade as improvised floats to carry bait out to sea and increase its resistance against tugging fish.
- In smaller home wineries, condoms are pricked with a pin to allow the slow release of gas — replacing sophisticated valves used in more technologically advanced winemaking operations.

TECHNOLOGY

Swedish startup microchips staff

The syringe slides in between the thumb and index finger. Then, with a click, a microchip is injected in the employee's hand. Another "cyborg" is created.

What could pass for a dystopian vision of the workplace is almost routine at the Swedish startup hub Epicenter. The company offers to implant its workers and startup members with microchips the size of grains of rice that function as swipe cards: to open doors, operate printers, or buy smoothies with a wave of the hand.

The injections have become so popular that workers at Epicenter hold parties for those willing to get implanted.

> **It replaces credit cards or keys.**
> Patrick Mesterton

"The biggest benefit I think is convenience," said Patrick Mesterton, co-founder and CEO of Epicenter. "It basically replaces a lot of things you have, other communication devices, whether it be credit cards or keys."

The technology in itself is not new. Such chips are used as virtual collar plates for pets. Companies use them to track deliveries. It's just never been used to tag employees on a broad scale before. Epicenter and a handful of other companies are the first to make chip implants broadly available.

And as with most new technologies, it raises security and privacy issues. While biologically safe, the data generated by the chips can show how often an employee comes to work or what they buy.

Epicenter, which is home to more than 100 companies and some 2,000 workers, began implanting workers in January 2015. Now, about 150 workers have them.

The implants have become so popular that Epicenter workers stage monthly events where attendees have the option of being "chipped" for free.

That means visits from self-described "body hacker" Jowan Osterlund from Biohax Sweden who performs the "operation."

He injects the implants into the fleshy area of the hand, just next to the thumb. The process lasts a few seconds.

THE ASSOCIATED PRESS

Self-described "body hacker" **Jowan Osterlund** from Biohax Sweden, shows off a microchip implant. THE ASSOCIATED PRESS

150 WAYS of looking at Canada

POSTCARD NO. 63

SMUGGLERS COVE, NOVA SCOTIA

EACH TIME WE VISIT GRANDMA WE WALK DOWN TO SMUGGLERS COVE IN NOVA SCOTIA. MY SON MAKES UP STORIES ABOUT HOW THE PIRATES GOT INTO THE CAVES. THE SLOW WAVES ALWAYS CALM US.
GINA COMEAU

SEND US YOUR POSTCARD
Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

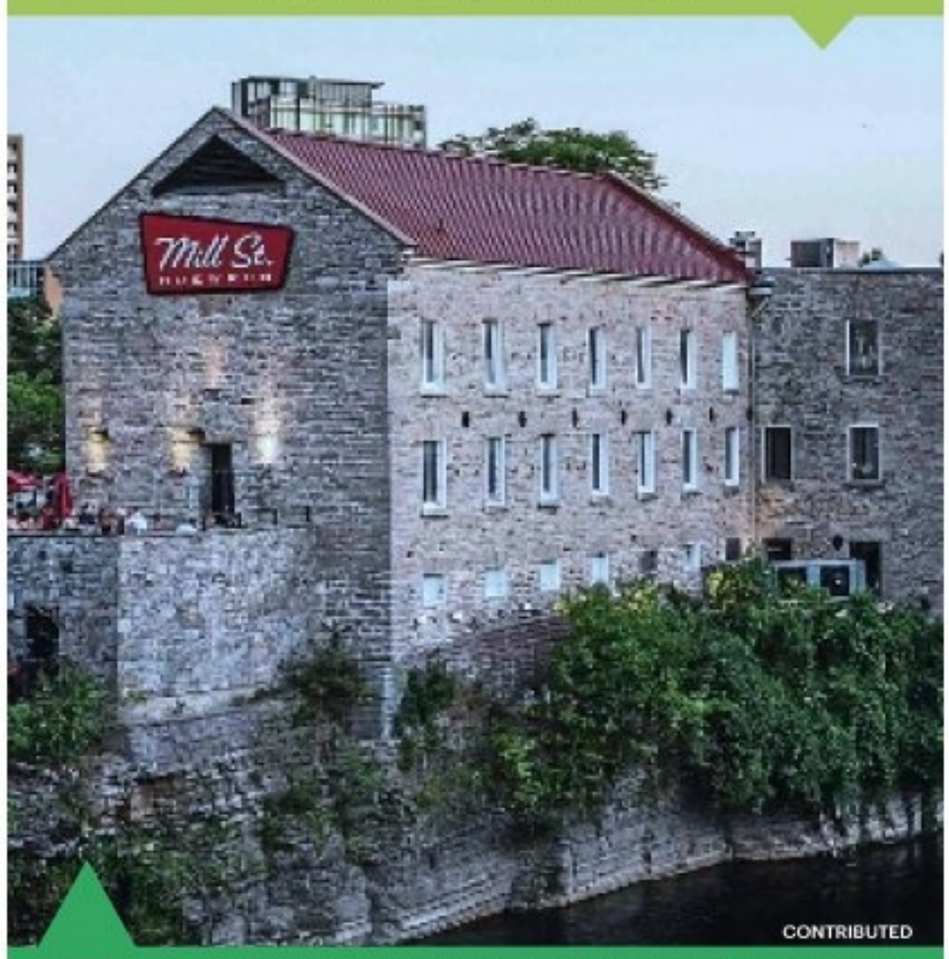
BLUEPRINT by Jamie Bradburn For Metro

Old buildings hosting new ideas

Sometimes buildings outlive their original purpose, but it doesn't spell their end. Canadian cities are filled with historic structures that found second lives. From museums to supermarkets, these sites provide innovative new uses that respect each building's past. They show that with creativity, a heritage designation isn't an obstacle to building a great city. **Some highlights across the country:**

Mill Street Brew Pub, Ottawa

THEN The Thompson-Perkins grist mill, an 1850s-era flour producer site along the Ottawa River.



CONTRIBUTED

NOW Mill Street Brewery set up shop to provide a more modern take on processing grain for human consumption.

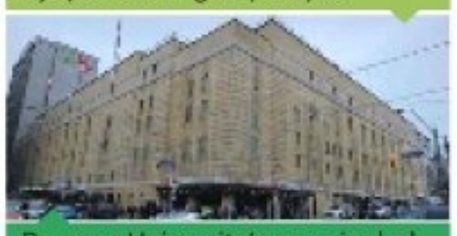
Pier 21, Halifax

Ship terminal that welcomed immigrants between 1928 and 1971.

An immigration museum, an art and design campus and shops.

Maple Leaf Gardens, Toronto

Where the Maple Leafs enjoyed their glory days.



Ryerson University's gym, including a rink; also, a grocery store.

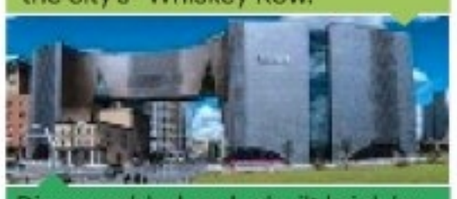
Union Bank, Winnipeg

The oldest skyscraper in western Canada, opened in 1904.

Red River College's GlobalFoods Institute now resides in the old bank.

King Edward Hotel, Calgary

Historic railway-era dive bar along the city's "Whiskey Row."



Disassembled and rebuilt brick by brick as music venue and museum.

Mercer Warehouse, Edmonton

Warehouse built in 1911 to store cigars and liquor.

Part of the city's warehouse district, it houses restaurants and startups.

Roundhouse, Vancouver

Western terminus of the Canadian Pacific Railway.

Community space, performance venues, art studios and a gym.

WORD ON THE STREET by Luke Simcoe For Metro

More cities need to open the doors and let the hackers in

When I walk into Civic Tech's Toronto meetup, I'm greeted by coders, data geeks and policy wonks.

In one corner, volunteers work to make the city's budget process more transparent. In another, a gang of "guerilla archivers" are saving climate change data from the clutches of Trump's administration.

It's an uplifting scene that plays out across Canada, including BetaCity YEG in Edmonton, Civic Tech London and YOW Civic Tech in Ottawa.

As Canadian cities strive to get "smarter" — to better use data and technology to address the challenges they're facing and improve the services they deliver — this growing civic tech movement can lend a hand.

By applying strategies still alien to government, like agile development and design thinking, civic tech groups are building tools to address city issues faster, and often cheaper, than municipalities are used to.

Imagine the possibilities if local governments embraced and supported these mostly volunteer groups.

Some cities are catching on. But more should adopt the International Open Data Charter like Edmonton has, or launch a Civic Innovation Office like Toronto, or give startups a chance to solve municipal challenges. In Guelph, Ont., a new "civic accelerator" has already helped save five million litres of water by bringing in water monitoring experts.

The result? A more environmentally-conscious and affordable city.

If Canadian cities want to be smart, they should foster these groups, partner with them, and build tech solutions that start with the community.

After all, technology is only as good as the people who build it.

Luke Simcoe works for Urban+Digital, a non-profit focused on how governments use technology.

PUBLIC WORKS
The week in urbanism

SHIP SHAPE
A Seattle doughnut shop turned a 7.3-metre wooden boat into the city's newest public space. The Endurance is anchored in land outside Mighty-O Donuts, inviting people to sit on cedar benches, and feel a bit nautical.

SCALING INEQUALITY
Calgary introduced a $5.05 monthly transit pass for its lowest-income residents. People earning $12,500/year or less can pay the new low rate, which comes in at a deep discount from the $101/month pass.

URBAN DICTIONARY

DEFINITION
A **Barnes Dance** is an intersection where cars stop in all directions to allow pedestrians to cross diagonally. Named for former New York City traffic commissioner Henry Barnes, it is frequently called a pedestrian scramble or diagonal crossing.

USE IT IN A SENTENCE
Chad was confused that the **Barnes Dance** had nothing to do with country music.

CITY CHAMP

Stephanie Allen is a Vancouver-based planning researcher and real estate worker. Her graduate studies at Simon Fraser University focus on incorporating historically marginalized voices in city building.
@BuiltJustice

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metro LIFE

Your essential daily news

Massachusetts scientists say the region's cod are at a historic low — 80 per cent down in a decade

How I fell for a psychopath

RELATIONSHIPS

Online forums helping victims realize that it's time to get out

TORSTAR NEWS SERVICE

When you're given your dream, you don't want to question it. It felt like I was high all the time.
Sandra, who found herself in a relationship with a psychopath

Though the lies started right away, it wasn't until much later that Sandra realized how badly she'd been conned.

They met at a mutual friend's birthday in 2012. She mentioned she was taking a woodworking class; he was considering the same one. "He started with the 'me too'-ing and it felt like we had so much in common," says Sandra*, who is now 35 and lives in Toronto.

Soon followed a phase of what she calls "love-bombing," where it seemed she'd met her perfect match. There were unbelievable, magical coincidences: he "just knew" when she couldn't sleep, calling late at night. She'd fantasized about a dream date with a scavenger hunt in a library using books as clues. She couldn't believe when he made it happen.

"It felt like it naturally unfolded," she says. "I was like, 'This is my soulmate.'"

By the time he started to drift away just a few weeks later, Sandra was hooked. The pattern, she would later discover, is common and linked to psychopathic traits. While pop culture suggests psychopaths are cold-blooded killers, there's a growing awareness of the damage the subtler variety can inflict on others.

According to victims, it starts with idealization, which could include personality mirroring and over-the-top affection. Then follows devaluation, lies, infidelity and poking at insecurities; then an eventual discarding, replacing one unwitting victim for another.

Countless people say they've experienced something similar, sharing their stories in online forums such as Psychopath-Free.com, Aftermath: Surviving Psychopathy and LoveFraud.com. These have become support networks for people who believe they've been caught up with a psychopath — someone who is unable to experience love or empathy, who is charming but insincere, lacking in remorse and pathologically egocentric.

About 1 per cent of the population may fit the criteria.

The forums are a source of data for academics, providing some of the only research on the potentially devastating impact.

"These are not people who are axe-murderers, but they are sort of torturing somebody. That emotional manipulation is not what normal human beings engage in. Usually we have a degree of empathy," says Toronto therapist Sheila Willson, who counsels victims of these toxic partners.

"It's enraging, distressing, traumatizing and causes so much self-doubt."

About a year into her relationship, Sandra found herself Googling the warning signs and came across one such forum.

Charm, lies and manipulations. Having to explain obvious human emotions to him. His crushing boredom, leading to recklessness. Check, check and check. Sandra's boyfriend disappeared three times, ditched countless jobs and moved several times over the next two and a half years. She is now convinced he had taken up with other women, piecing together clues from Facebook and elsewhere.

Get out, her online friends advised. Break off all contact.

Sandra eventually accepted she'd been duped. He never signed up for that woodworking class. She now thinks he'd been driving past her apartment at 2 a.m., checking to see if the lights were on; that he'd found a long-forgotten blog post about the library date.

It can be chilling to identify psychopathic traits in a boss, partner or — these days — political leader. Recent headlines have mused whether Donald Trump is a psychopath, sociopath or narcissist. The shared trait is callousness, an innate indifference to others.

A narcissist shares overlapping characteristics with a psychopath, which many experts agree is the same as sociopath — though the latter downplays the connotation of danger. In other words, "psycho" is a casual accusation, but true psychopaths represent a specific identity.

Diagnosis is difficult, let alone from afar. Forums are some of the few resources for victims, and are more about affirmation and support than clinical accuracy.

Therapist Willson sees the impact first-hand — it makes up a quarter of her practice. For many of her clients, mostly women, stumbling upon these sites is an entry point to healing.

"It's usually how they begin to put it all together," Willson says. "There's a big a-ha."

When a victim addresses their suspicions, they may be accused of being crazy, jealous or sick, and start to doubt their own sanity, Willson says. The psychopath walks away with no remorse. Accepting that the love and flattery were part of a strategy to get sex, shelter, money or entertainment, can cause rage, distress and major self-doubt in victims.

The forums are useful, but only to a point, Willson says. Victims need to get out of their situation, not stay mired in it. In many cases, she says, they should seek one-on-one therapy to address self-esteem issues.

Sandra eventually took the advice of her anonymous online friends and refused all contact with her boyfriend. Her ex died in Toronto in late 2015, several months after she'd broken it off. She'll never know if he was truly a psychopath, had a few traits, or was just a really bad boyfriend.

But finding a forum to share her experience was life-changing, and she hopes others who feel trapped by a relationship with a psychopath realize they aren't as isolated as they think.

"I hate social media. I can't stand it. This is the only website on the planet where I made an account and talked in the forums after lurking for a year," she says today. "I felt compelled to tell other women it was going to be OK."

**Sandra is a pseudonym, used to protect the identity of all involved.*

TORSTAR NEWS SERVICE

HEALTH

Calls to raise awareness of transgender fertility options

Genna Buck
Metro Canada

Many trans people believe choosing to have surgery to affirm their gender means they have to give up the possibility of having biological children in the future.

But that's not necessarily true, and according to a new study conducted at three Toronto medical centres, many transgender patients aren't aware of their fertility options. The study surveyed 213 transgender adults, including 187 who have no children. About half were assigned female at birth; half male.

Thirty per cent of respondents told researchers they didn't know their fertility options. Of those, 77 percent said they'd never even had a conversation about fertility with their doctor.

Infertility is a side effect of hormone therapy and many procedures that fall under the umbrella of gender affirmation surgery (sometimes also called sex reassignment surgery).

But preserving eggs or sperm before beginning treatment can help get around that problem.

We have to do a better job making sure that people are aware of their reproductive options.
Rachel Clark

For example, before having a hysterectomy a transgender man could have his eggs removed and frozen, and then later pursue a pregnancy with a fertile female partner or a surrogate.

Rachel Clark, a transgender woman and LGBTQ rights activist living in Toronto, said the findings didn't surprise her.

"I was lucky enough to have a doctor who was experienced," she said. "And I came out much later in life. I already knew that I wasn't having children."

"But if I'm a 20-year-old person (transitioning), I should be informed that it's going to have an effect on my reproductive organs, and that I can take steps to preserve fertility," she added.

She blames the problem on many doctors' lack of familiarity with transgender health issues.

"Now there are many doctors who can make decisions on trans health care, which is great," she said. "But people who are new might not know to ask about fertility. It's not that they're bad doctors, it's just that they don't understand."

Finally, there's the issue of cost. Egg freezing, storage, and IVF can run into the tens of thousands of dollars, and transgender people are disproportionately poor. In Ontario, more than half of transgender people make less than $15,000 per year. Participants in the new Toronto study named cost as their number one barrier to fertility options.

"We have to do a better job making sure that people are aware of their reproductive options," Clark said, "figuring out a way to alleviate the cost."

How to act in an overdose emergency

Chest compressions or rescue breathing? Metro gets some expert insight about first aid responses

Genna Buck
Metro Canada

When Jody McLennan woke up to find her husband Oghenovo Avwunufe unconscious and unresponsive, she did the right thing: She called 911 and started CPR, giving chest compressions.

Tragically, it was too late. Avwunufe had passed away some time before, after taking cocaine that was likely laced with the deadly painkiller fentanyl.

The growing number of Canadians dying from opioids like heroin, oxycodone and fentanyl has spawned a debate about what specific first-aid advice and training are needed to address the crisis. Different organizations, such as the American Heart Association and the World Health Organization, have slightly different guidelines.

The whole issue of overdose first aid is fraught with emotion and surrounded by a great deal of misinformation and confusion — particularly when it comes to the relative merits of rescue breathing (commonly called "mouth-to-mouth") and chest compressions (a.k.a., CPR).

Metro spoke to three Canadian experts to clarify what you need to know if you're faced with someone who has overdosed and might die.

All three gave the same basic advice: If, after using drugs, someone passes out and can't be roused, call 911, do chest compressions, and give naloxone, a lifesaving over-the-counter drug that can reverse the effects of an opioid overdose.

But they had slightly different opinions about mouth-to-mouth.

Since 2010, international and Canadian first-aid guidelines have recommended against the practice in most situations, favouring simplified, compressions-only CPR instead. Studies clearly show the simpler approach encourages people to do CPR instead of doing nothing, and dramatically increases survival rates from cardiac arrest.

Christian Vaillancourt, Research Chair in Emergency Cardiac Resuscitation at the University of Ottawa, explained that because opioid sedation slows or stops breathing, "Initially, ventilations (rescue breaths) would represent a far more valuable intervention."

"That said," he continued, "Respiratory arrest will also ultimately lead to cardiac arrest, in which case ventilations alone are certainly not optimal without chest compressions. Chest compressions can also provide some movement of air in and out of the chest."

Michelle Welsford, Director of the Hamilton Health Sciences Centre for Paramedic Education and Research, also favours compression-only CPR, because it can be taught in seconds. But she said if you have the training and can get over the "yucky" factor, you should go ahead and do rescue breathing.

Aaron Orkin, researcher at the Schwartz/Reisman Emergency Medicine Institute, said a key thing to understand is that most people who overdose aren't like Avwunufe, who was 25 and perfectly healthy. Chronic drug users are prone to chronic health problems. Most people who die of overdose have more than one thing going on — like an infection, a heart condition, or other drugs in their system — not just the respiratory arrest brought on by the opioids.

And unless you're a medical professional, you can't diagnose them. So do what you know works: Chest compressions.

THE KIT
Naloxone (brand name Narcan) is an over-the-counter drug sold as either an injection or nasal spray. It's an essential first aid kit item if you're ever around people who use street drugs.

What to do if someone ODs

Tips from ER doctor and first-aid researcher Aaron Orkin:

1. **Call 911,** no matter what is happening or who is there.
2. **Check responsiveness:** Shake the person and shout their name. They should show obvious signs of life. Gurgling or moaning noises do not count as responsiveness.
3. **Give chest compressions** if the person is unresponsive. Make sure they're lying down on a firm surface. Push hard and push fast in the centre of the chest.
4. **Give naloxone** (nasal spray or injection), following the directions in the kit.
5. **Use an automated external defibrillator (AED)** if there's one available. You don't need training to use an AED, and you can't do it wrong. The machine will tell you what to do and it will not go off if the person's heart is working properly.

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HEALTH

Doctors identify new disease

Daniel Nevins-Selvadurai's case had doctors at Toronto's Hospital for Sick Children baffled. At age three, he had developed blood in his stool, a sign of possible hereditary inflammatory bowel disease. But testing for all the genetic mutations known to cause the condition came back negative.

As he grew older, Daniel's symptoms became more diverse. He developed unusual rashes and painful lumps in his legs, as well as having an abnormally high white cell count and low platelets in his blood, pointing to an unidentified problem with his immune system.

A host of doctors at the hospital — among them specialists in blood disorders, cancer, rheumatology, immunology and gastroenterology — couldn't pin down the cause of the child's illness.

"Nobody could give us a diagnosis, so he was passed from one specialist to another over the years and various people did various tests," said his mother, Christina Arulrajah. "He showed signs of so many different diseases."

Still, Dr. Aleixo Muise, a gastroenterologist who had been seeing Daniel for his inflammatory bowel disease, or IBD, said that because of the boy's wide-ranging symptoms "all the doctors thought that he must have a genetic cause to his disease."

Daniel Nevins-Selvadurai's case had doctors at Toronto's Hospital for Sick Children baffled. THE CANADIAN PRESS

Then in 2014, a team led by Muise launched a project to explore the genetic basis of IBD, using an advanced technology studying patients' DNA. Daniel's genome was among those investigated using a technique called whole-exome sequencing. They had their eureka moment.

Testing of Daniel's genome turned up a mutation never before seen. The defect was in a gene known as ARPC1B, which produces a protein the body's cells need to change shape, move, divide and perform other vital functions.

His ARPC1B gene was expressing none of this critical protein.

"ARPC1B, we know, plays a very important role in the immune system and how different cells in the body — mostly found in the blood — work," said Muise.

The Sick Kids team subsequently discovered two other patients who were related to each other but not to Daniel, who also had a mutation that left them with very little ARPC1B protein. Since then, about 20 children worldwide have been identified with the genetic mutation.

"It gave us enough evidence to know that this was a brand new disease that hadn't been described before," said Muise.

The discovery of what's been dubbed ARPC1B syndrome is described in Monday's edition of the journal Nature Communications.

"Daniel was over the moon to get a diagnosis," said his mother. "When they found out what was wrong, it was a real relief. In his mind, it's all about the cure. Now that there's a diagnosis, there's now going to be a cure."

His doctors believe a bone-marrow transplant will give Daniel new blood cells — including immune cells — that won't carry the genetic mutation. A search is now on for an appropriate donor for the 10-year-old.

THE CANADIAN PRESS

We should only use sorry when it really counts. ISTOCK

Slow down on sorries

ADVICE

Unapologetic guide to cutting back on saying sorry so much

Sofi Papamarko
life@metronews.ca

My first sorry of the day was to my fellow TTC commuters. I squeezed my body onto a tightly packed bus because I was late, it was raining and there was no way I was waiting for the next one.

After that, I apologized to a barista for forcing her to break a $20 for a cup of tea. Then, while browsing my favourite used bookstore after work, I bumped into the corner of a bookshelf . . . and promptly apologized.

I say "sorry" far too often, and often for no good reason. I started counting my sorries the other week and lost track at 47.

Excessive apologizing is a common trait of people-pleasers. It's also symptomatic of being a polite Canadian. Sorry is right up there with "aboot" and "eh?" as the most stereotypically Canadian of all verbal tics.

Sorry should not be used lightly. It is and should be a powerful word. It seeks to make reparations for pain caused. It expresses sympathy. It expresses empathy. For some, it is the most difficult phrase in the English language to utter. Others, like me, use it as liberally as punctuation.

Here are some scenarios where people might unnecessarily use the word "sorry".

Case 1 — You find a hair in your food at an upscale restaurant
Incorrect response: "Sorry! There's a hair in my soup. Maybe it's mine? It's probably mine. Sorry! Can I get another one? Sorry! Sorry! No, I'm sorry!"
Correct response: "Excuse me, there's a hair in my soup."

Case 2 — Somebody stands on your foot
Incorrect response: "Ouch! Oh! Sorry!"
Correct response: "You are standing on my foot."

Case 3 — You have to cancel plans with a friend because you've caught a cold
Incorrect response: "I am so sorry but I have to cancel our plans tonight! I have a cold. Sorry! Such bad timing, I know. Sorry! Sorry! Sorry! I'm the worst!"
Correct response: "I have a cold and have to cancel because I care about you and I don't want to get you sick."

Case 4 — Your husband impregnated your best friend
Incorrect response: "I suppose I have been a somewhat neglectful partner and friend lately, what with starting a new business and pursuing my dreams and all. Sorry!"
Correct response: "We are getting a divorce."

There are, of course, legitimate situations where you should say that you're sorry. When you have hurt someone. When someone you care about is hurting. When you regret doing or saying something (or not doing or not saying something) that has impacted another person's life.

Let's do our best to stop saying "sorry" unless it's called for and only use it when it counts.

TORSTAR NEWS SERVICE

STUDY

Canadian newborns are worst cry babies

Canadian newborns are among the fussiest, most colicky in the world.

That's according to a British study published Monday in the Journal of Pediatrics, which looks at prevalence rates of colic and the duration of fussiness and crying in infants during their first three months.

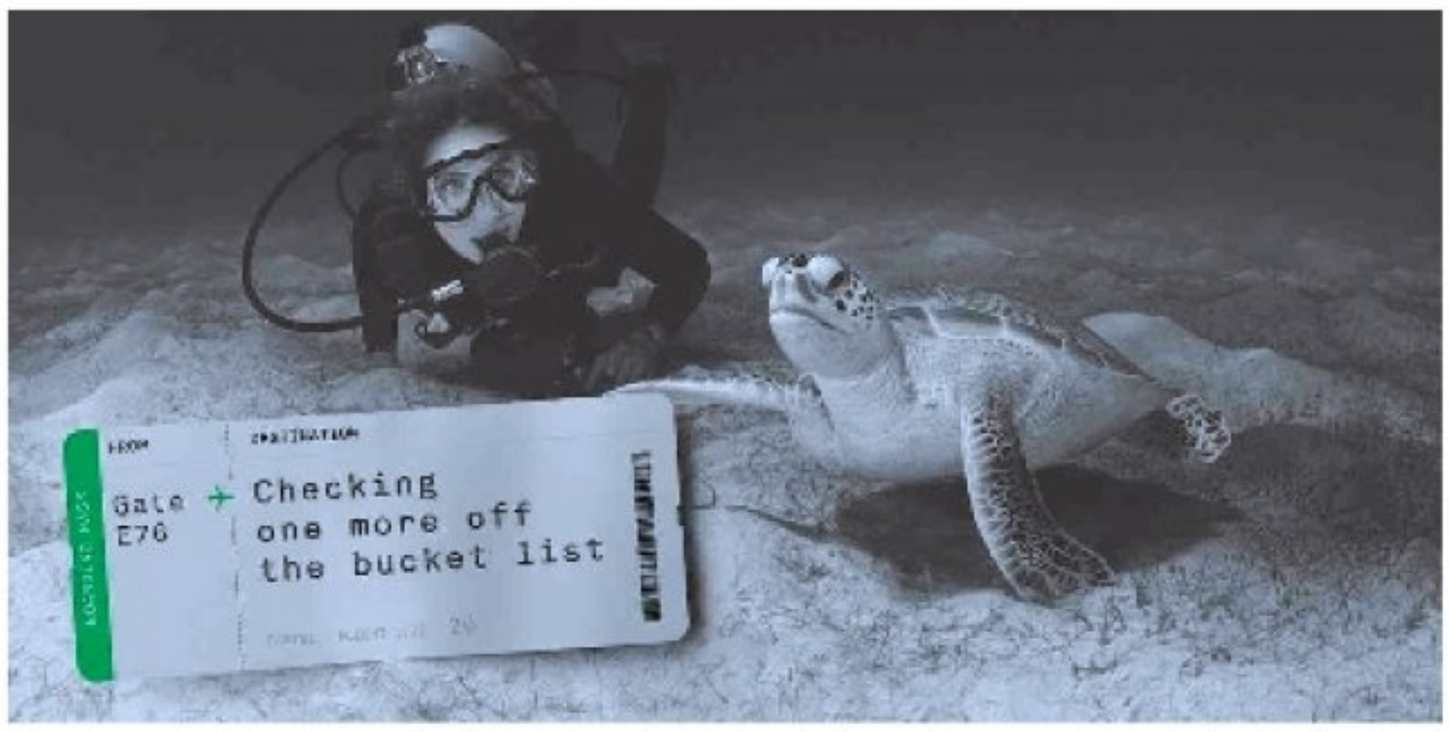
Researchers conducted a meta-analysis of existing research from North America, parts of Europe, Australia and Japan, focusing on 28 studies — including six from Canada — that included 8,690 healthy infants. They wanted to know what was normal when it came to babies and crying.

"We've got, for example, weight charts, so parents and pediatricians can plot down how a baby grows and know if it's in the normal range — and that's quite reassuring for parents," explained lead author Dieter Wolke, a psychology professor at the University of Warwick. "But for crying, that didn't exist."

It does now.

The study shows that around the one-month mark, Canadian babies fussed or cried for 150 minutes a day, compared with the overall average of 118 minutes. While changes in crying levels are part of a baby's normal biological adaptation, the paper speculates that genetics, economic conditions, caretaking practices and feeding type may play roles. TORSTAR NEWS SERVICE

While Canada topped the list, Danish babies cried the least. ISTOCK



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Gossip DIGEST

COMEDY

Epps apologizes for kangaroo stunt

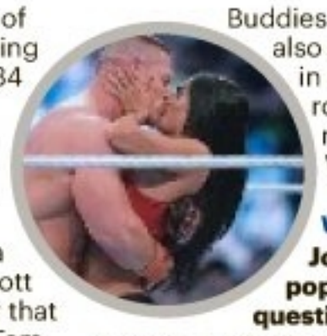
Actor and comedian Mike Epps is apologizing for dancing on stage with a kangaroo in front of a screaming crowd at a Detroit comedy show. During a video of the event, Epps (above) can be seen holding the animal's harness. A man is seen on the video picking the animal up and carrying it around the stage.

Epps posted on Instagram late Sunday that he wants to "sincerely apologize to everybody." He says things got out of hand but he didn't mean any harm. He says he doesn't own the kangaroo and plans to donate money to a foundation to help the animals. TMZ reported Monday that the U.S. Department of Agriculture is investigating.

THEATRE

Wilde to make Broadway debut in 1984 adaptation

A new stage adaptation of George Orwell's chilling dystopic novel 1984 will star Olivia Wilde (below), making her Broadway debut.



Producers Sonia Friedman and Scott Rudin said Monday that the play will also star Tom Sturridge and Tony Award-winner Reed Birney. It will begin performances in May at the Hudson Theatre.

First published in 1949, Orwell's classic tale of a society run by Big Brother in which facts are distorted and suppressed in a cloud of "newspeak" has topped the Amazon.com bestseller lists. The play version was created by Robert Icke and Duncan Macmillan and was nominated for an Olivier Award.

Wilde's film credits include the Academy Award-winning drama Her, the Golden Globe Award-nominated Rush and the indie comedy Drinking Buddies. She also starred in HBO's rock 'n' roll drama Vinyl.

WRESTLING

John Cena pops the question

Wrestlers John Cena and Nikki Bella finished off their opponents at WrestleMania and then decided to take on what could be their biggest challenge yet: Marriage.

Cena got down on one knee after the pair defeated The Miz and Marse in a tag team match Sunday at WrestleMania 33. A tweet from WWE showed Cena proposing with a diamond ring.

He said he had been waiting "so long" to ask her to marry him.

She said yes and planted a kiss on him (above).

Cena, 39, is also an actor and has been seen in the film comedies Trainwreck, Daddy's Home and Sisters.

THE ASSOCIATED PRESS

Road map for new kind of feminism

Gillian Anderson and her friend, journalist Jennifer Nadel, have written a self-help book for women who want to life a more centred life. CONTRIBUTED

BOOKS

Actress Gillian Anderson and close friend lay it all on the line

The actor Gillian Anderson is best known for her role as FBI Special Agent Dana Scully, a skeptical, fearless foil to alien abduction conspiracist Fox Mulder on the '90s hit series The X-Files.

Her character is believed to have inspired young women to enter the fields of science, medicine and law enforcement. She demanded a salary equal to co-star David Duchovny and now plays sexually empowered and dogged detective Stella Gibson on BBC series The Fall.

So it shouldn't be much of a surprise she has put together a feminist self-help book with co-author and longtime friend Jennifer Nadel, a journalist and lawyer in the U.K.

We: A Manifesto for Women Everywhere was released last month as road map to living a more centred, authentic life. The main message is this: women need to get real about who they really are, whether they're willing to accept their current circumstances and if not, how to empower themselves to change things.

Anderson and Nadel spoke about self-care, activism, fighting Hollywood stereotypes and how to find time to meditate.

Can you describe your friendship?

JN: We have children the same age and tried to persuade them to become friends. They sat in stony silence, but we couldn't stop talking. We're both seekers and have struggled with many of the same issues and tried many of the same spiritual and emotional solutions. Ten years into the friendship, Gillian asked whether I'd be open to talking about a book idea she'd had. Her idea chimed perfectly with a desire I'd had to write about a new kind of feminism.

There is a lot of personal information. Can you explain why you decided to openly discuss so much?

GA: The first principle in our book is honesty because it is an essential part of any path to change, personal or societal. First, one must fully understand the reality of a situation. We realized that it would be unfair to ask readers to get honest about themselves and their own lives without first doing so ourselves.

Do you think self-care is particularly important during this social moment?

GA: If we don't practise self-care, then often, our unruly or egoic selves push to the foreground to run the show and be heard. When we practise self-compassion, we are more likely to be compassionate towards others, even those we don't agree with.

JN: All of us are called to activism of one sort or another at this time in history. It's no longer an optional choice. Every one of us who can needs to show up and be counted. Millions of us marched around the world after Trump's inauguration. I was in D.C. and Gillian in London. Those marches were just the start and if we want to be in it for the long haul, we need to develop and foster resilience. So, self-care is vital if we want to really make an impact and avoid burnout and depression.

There's a lot of discussion about idealized beauty. Yet Hollywood and pop culture still demand these things. How do you navigate that?

GA: Hollywood and pop culture are not where most of us live. The more we start to reject those images and demand realistic representation, the more empowered we will feel. But it does first start with accepting ourselves as we are. Really, truly embracing ourselves and refusing to attempt to conform.

How do you find the time, logistically, to practise meditation — and the other essential practices — when life gets hectic?

GA: Life is always hectic. But there are tools in the book for finding ways to eek out time for oneself regardless. That can be starting with just two minutes of meditation, or making hard rules about the amount of sleep one gets, or replacing negative messages with positive ones.

TORSTAR NEWS SERVICE

Russell Peters co-hosted with Bryan Adams. THE CANADIAN PRESS

MUSIC

Joly not amused by Peters' Juno jokes

Comments made by comedian Russell Peters while hosting the Junos on Sunday night have not been welcomed by Heritage Minister Melanie Joly.

Peters, who hosted the music awards ceremony in Ottawa along with musician Bryan Adams, called the minister "hot" before introducing her on stage.

He also commented on the number of young women in the audience, suggesting it was a "felony waiting to happen."

Joly says Peters' comments were clearly inappropriate, adding this type of humour does not have a place at the Junos.

The minister says she is proud to represent an industry worth $53 billion, noting that Canada is currently the third largest exporter of music in the world.

Joly adds she wants to see hosts of the Junos promote values including gender parity.

THE CANADIAN PRESS

THIEN LISTED

Novel nominated for Women's Prize for Fiction

Vancouver-born Madeleine Thien's Chinese-Canadian journey Do Not Say We Have Nothing is among the novels on the short list for the international Women's Prize for Fiction.

Thien's novel was among the most acclaimed Canadian titles of 2016. The Montreal-based writer was awarded last year's Scotiabank Giller Prize and the Governor General's Literary Award for fiction, and landed on the short list for the prestigious Man Booker Prize.

C.E. Morgan's Kentucky epic The Sport of Kings and Naomi Alderman's gender role-reversal thriller The Power were also on the short list. Other contenders for the $37,000 prize Ayobami Adebayo's Stay With Me, Linda Grant's The Dark Circle and Gwendoline Riley's First Love.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Chapelle's Cosby spin proves its own worth

THE SHOW: The Age of Spin: Dave Chapelle Live at the Hollywood Palladium (Netflix)
THE MOMENT: Cosby's legacy

Dave Chapelle got $60 million for three specials. CONTRIBUTED

Halfway through this hour of filmed stand-up, Dave Chapelle tells a passionate story about civil rights leaders who were executed throughout the 1960s. Then he says, "And while all this was going on, Bill Cosby raped 54 people." The audience gasp/laughs.

Chapelle moves onto other subjects. Then he circles back: "I'm a 42-year-old black comedian. Obviously Bill Cosby was a hero to me. To think that your hero might have done something so heinous — it would be as if you'd heard that chocolate ice cream itself had raped 54 people. You'd say to yourself, 'Oh man, but I like chocolate ice cream. I don't want it to rape.'"

Netflix paid Chapelle a staggering $60 million US for this and two other specials (one pending; the other, Deep in the Heart of Texas, streaming now). Is this hour "worth" $20 million? I can't answer that.

I can say that Chapelle excels at introducing layered, legitimately angry ideas about race in America into a narrative that feels casual and inclusive, without losing the comedy. That seems socially valuable to me, especially right now.

He says Cosby is a monster. He says Cosby meant a lot to people. Chapelle's struggle with that is the emotional crux of this show.

Also, you have to admire someone who can sum up 60 years of injustice in one well-honed line, which starts with a landmark US school integration case and ends with another gasp-laugh: "Brown vs. Board of Education passed in '54, but someone called me [the N word] in traffic last Wednesday."

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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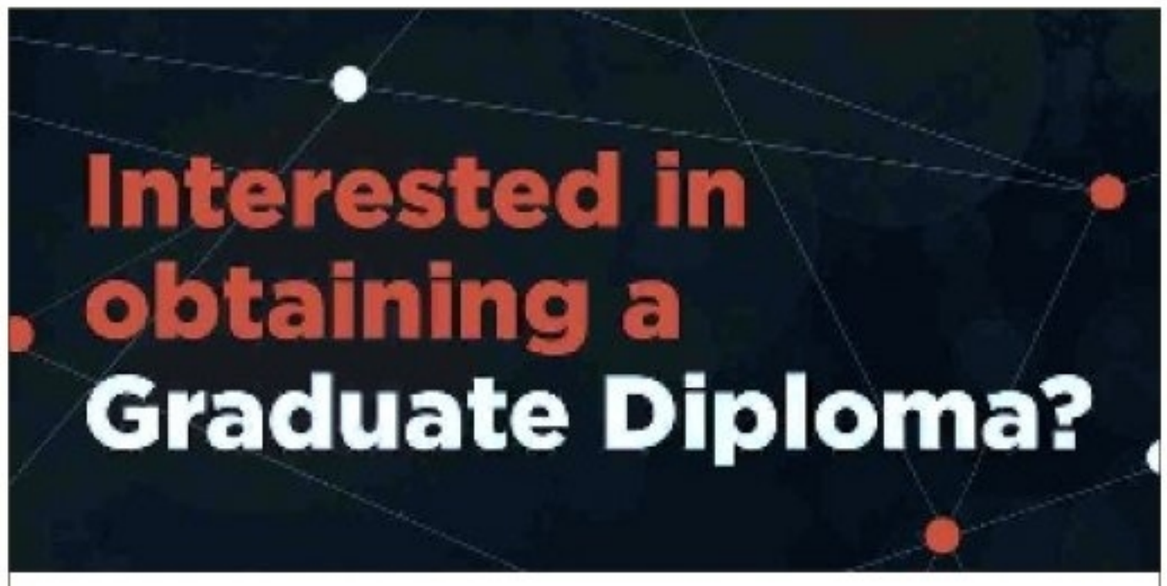

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

metro SPORTS

Ron Hextall has been named Canada's general manager for the upcoming world hockey championship

NHL rules out 2018 Olympics

HOCKEY

Falling out between league owners and IOC a huge factor

It appears the 2018 Winter Olympics will lack the star power of Sidney Crosby, Connor McDavid and Auston Matthews after the NHL announced Monday it will not interrupt next season to accommodate the Pyeongchang Games.

Instead, hockey will likely be represented on the global stage by many players with unrecognizable names — think Brad Schlegel, David Harlock and Dwayne Norris from Canada's silver-medal winning team at the 1994 Lillehammer Games.

"Disappointing news NHL won't be part of the Olympics 2018," New York Rangers goalie and two-time Olympian Henrik Lundqvist said on Twitter.

It was the hope of superstars like McDavid, Jonathan Toews and Alex Ovechkin that the NHL would come around to the big picture appeal of the 2018 Games, but the league never found the answer it was looking for. What exactly might have swayed their opinion toward letting players attend isn't clear. NHL owners never bought into the idea that halting the season for 17 days in February would benefit the league long term.

Gary Bettman GETTY IMAGES

> **I think they may opened up a whole can of worms.**
> Gary Bettman on the IOC

Their angst was most certainly sparked by the International Olympic Committee's insistence that out-of-pocket payments for players to attend in 2018 would no longer be covered.

"I think when the IOC said 'You know what, we don't think it's worth it we're not going to pay,' I think that may have opened a whole can of worms," NHL commissioner Gary Bettman said at one point in the process.

And from there, the owners dug in their heels and never moved — even when the International Ice Hockey Federation found apparent money to cover costs like travel, accommodation and insurance.

But it was beyond just dollars and limited growth potential from South Korea. Owners were wary of the season disruption and impact of a compressed schedule, along with increased risk for player injury.

Bettman said in March that "there's somewhere between fatigue and negativity on the subject." In a statement announcing their decision, the NHL said "no meaningful dialogue has materialized," pointing fingers at both the IOC and NHL Players' Association.

The league revealed a relatively new position from the IOC, suggesting that participation at the 2022 Beijing Games hinged on participation in 2018 and adding that the NHLPA had demonstrated "no interest in any discussion that might make Olympic participation more attractive to the clubs."

What the players' association could have presented is unclear. Asked in late March how players would react if the NHL opted not to let them go to South Korea, NHLPA executive director Don Fehr said they wouldn't be happy.

Ovechkin has insisted that he'll attend in South Korea no matter what the NHL decided.

THE CANADIAN PRESS

Russia goalie Maria Sorokina stops a shot by Canada's Natalie Spooner on Monday in Plymouth, Mich. CARLOS OSORIO/THE CANADIAN PRESS

WORLD CHAMPIONSHIP

Canada routs Russia to bounce back

Jennifer Wakefield scored twice and had an assist to lead Canada to a 5-0 win over Russia at the women's world hockey championship Monday.

The Canadians concluded their preliminary round in Pool A with a 1-2 record. They awaited the result of a later game between the United States (2-0) and Finland (1-1) to know their playoff path.

Emily Clark, Natalie Spooner, Erin Ambrose, Brianne Jenner, Meghan Agosta and Sarah Potomak also scored for Canada. Canadian starter Shannon Szabados made 17 saves for the shutout in her second start of the tournament.

Russia's Maria Sorokina allowed six goals on 35 shots before she was replaced by Nadezhda Alexandrova in the third period. Alexandrova then turned away four of six shots for the Russians (0-3).

MONDAY In Michigan

5	0
CANADA	RUSSIA

While the Canadians were favoured — Russia has never beaten them in women's hockey — it was a win they needed to regain confidence after back-to-back losses to open the tournament.

Canada scored more goals than their first two games combined, including four power-play goals, and killed off a Russian two-man advantage early in the second.

The top two teams in Pool A get a bye to Thursday's semi-finals. The bottom two drop to Tuesday's quarter-finals against the top two seeds from Pool B.

The Canadians did their part to stay in contention for the bye. Beating Russia by two-plus goals gave Canada the best goal differential if the day ended with a three teams tied for second in Pool A at 1-2.

THE CANADIAN PRESS

For the result of Finland-USA visit metronews.ca

MLB

Toronto edged by O's in opener

Mark Trumbo homered with two outs in the 11th inning, and the Baltimore Orioles beat the Toronto Blue Jays 3-2 Monday for their seventh straight opening-day victory.

Trumbo connected off Jason Grilli (0-1) on a 1-2 slider. When he reached the plate, the reigning major league home run king was drenched in water by teammates and cheered heartily by those remaining from a sellout crowd of 45,667.

The game was rematch of last year's AL wild card playoff, won by Toronto 5-2 on an 11th-inning home run by Edwin Encarnacion. Though Encarnacion is now with Cleveland, the Blue Jays and Orioles haven't changed much tying for second in the AL East at 89-73.

MONDAY In Baltimore

3	2
ORIOLES	BLUE JAYS

The 25th opening day at Camden Yards produced a dramatic contest that began in the late afternoon and ended at dusk. Tyler Wilson (1-0), the fourth Baltimore reliever, pitched one shutout inning.

Booed from introductions to his final at-bat, Toronto's Jose Bautista went 0 for 5 with a walk.

Starting on opening day for the first time, Baltimore's Kevin Gausman gave up two runs and five hits in 5 1/3 innings. Toronto right-hander Marco Estrada also received his first opening day start. The 10-year veteran allowed two runs over six innings and retired his last 10 batters.

THE ASSOCIATED PRESS

IN BRIEF

Red Sox push Pirates aside

Rookie Andrew Benintendi hit a three-run homer that capped a five-run fifth inning, and the Boston Red Sox began their post-David Ortiz era by beating the Pittsburgh Pirates 5-3 in Monday's opener.

Reigning AL Cy Young Award winner Rick Porcello (1-0) gave up three runs and six hits in 6 1/3 innings while striking out five. Craig Kimbrel retired Starling Marte on a game-ending popup with two on for the save. THE ASSOCIATED PRESS

Gushue still perfect at worlds

Canada's Brad Gushue defeated Scotland's David Murdoch 8-2 on Monday to keep his unbeaten record intact at the Ford World Men's Curling Championship.

The St. John's skip was in control from the start in the afternoon matchup at the Northlands Coliseum to improve to 4-0.

Gushue opened with a deuce and forced Murdoch to draw for one against three Canadian stones in the second end.

THE CANADIAN PRESS

> **It's the most harrowing 10 to 15 minutes of the year.**
> Peter Radovich, creative director for CBS Sports, on piecing together the One Shining Moment montage after the NCAA men's final. Go to metronews.ca for results from Monday's game.

MAKE IT TODAY

Tasty Broccoli Cheese Patties

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Lunch doesn't always need to be a sandwich — change things up with these satisfying, healthy patties.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1/2 onion, minced
- 2 cloves garlic, minced
- 4 cups broccoli, chopped finely
- 3/4 cup panko
- 2 eggs
- 1/2 cup grated cheddar
- 1/3 cup grated Parmesan

Directions

1. Preheat oven to 400 degrees.

2. Sauté onions and garlic in olive oil over medium heat until they begin to soften. Add broccoli and allow to begin to soften, 3 minutes. Remove from the heat. Line a baking sheet with parchment paper and set aside.

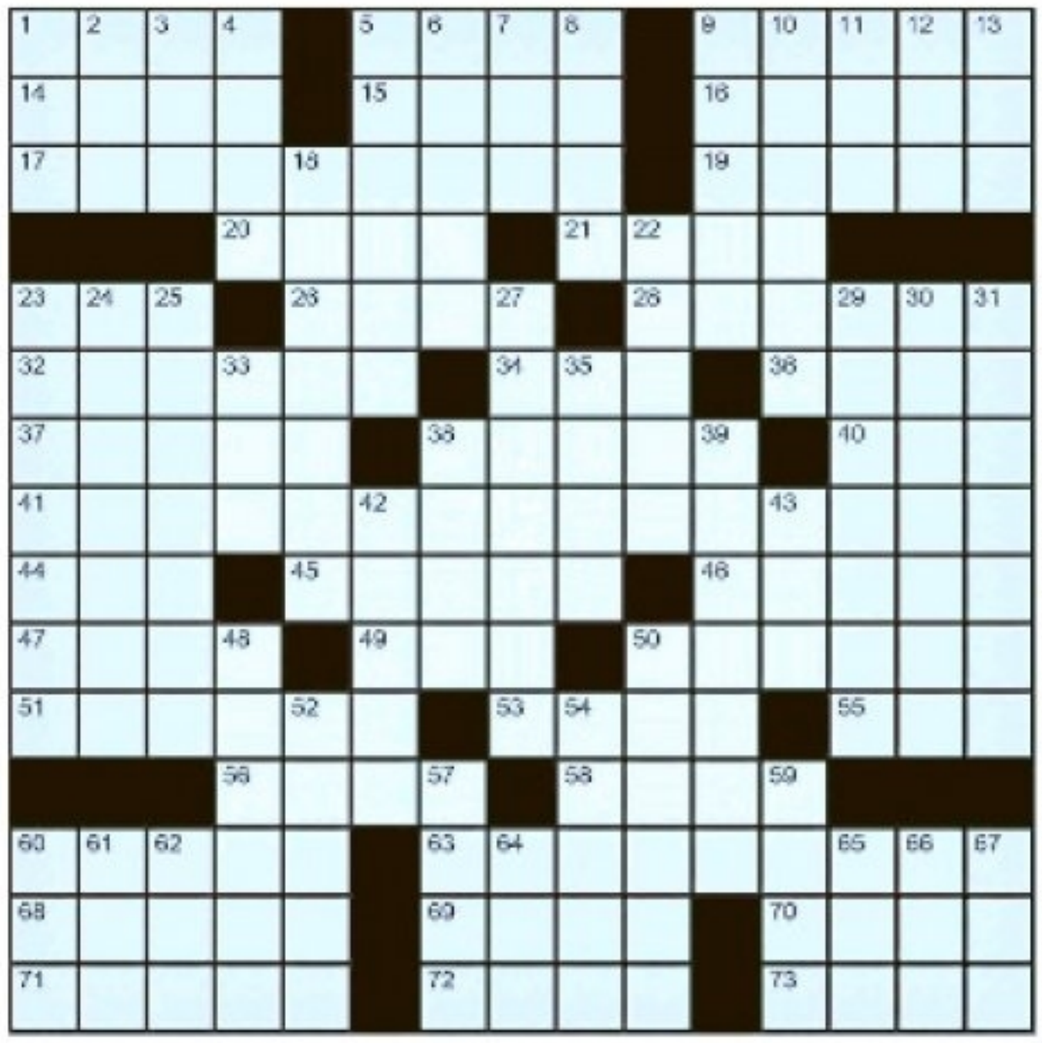
3. In large bowl, whisk eggs. Now add panko, cheddar and Parm and mix. Add the broccoli mixture and combine thoroughly.

4. Use your hands to form even patties and place on a lined baking sheet and pop into the hot oven. After 15 minutes, use a spatula to flip the patties. Bake another 10 minutes and they're done.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Use a car lot
5. Lacking
9. Accord
14. Mr. Alda
15. Boast
16. Dressed to the _
17. Last queen of the Ptolemaic Kingdom in ancient Egypt
19. Beatles: "_ _ Your Name"
20. Island of Indonesia
21. Catherine of "The Dukes of Hazzard"
23. Initials-sharers of Gisele Bundchen's quarterback hubby
26. The Bee _
28. Thingamabob
32. Canadian singer Mr. Maida's
34. Mr. Robbins
36. _ Strauss & Co.
37. "Is that coffee _ _?" (What's in that pot?)
38. Of prophets
40. Fall from grace
41. Cooking show on Gusto featuring meatless recipes, with The: 2 wds.
44. Ms. Zadora
45. Carved pole of symbolism
46. La Route _ (Quebec bike paths network)
47. Envelope insertion [abbr.]
49. 'Super' suffix
50. Shooting star
51. Very nice: 2 wds.
53. Pet shelter org.
55. Hosp. units
56. Workshop gripper
58. Grand Ole _
60. Eyeball attachment, _ nerve
63. Plates dryer: 2 wds.
68. Filmdom's Mr. Langella
69. 'Kitchen' add-on
70. Constellation, _ Major
71. Salad graspers
72. NASDAQ rival
73. Whiskey grains

DOWN
1. _-Man
2. Entirely
3. Ms. Dawn Chong
4. Drawer attachment
5. Weighing needs
6. Bandleader
7. Swed. neighbour
8. Take a DNA sample
9. 2017 is the 100th anniversary of this Canadian food company (since 1917)
10. Canadian marketing trailblazer who famously promoted President's Choice products, Dave _ (b.1940 - d.2013)
11. _ _ hurry
12. _ Aviv, Israel
13. Fashion monogram
18. The winner of one gets a tiara
22. Allow into the club
23. Bands of performers
24. Fantasia who won "American Idol" in 2004
25. Take it easy: 2 wds.
27. They make homes on the market appealing to buyers
29. Ms. Nielsen, host of #41-Across
30. Pilot
31. Meals
33. PBS funding org.
35. Journalism piece
38. Quash
39. Prehistoric 'painting' place/practice: 2 wds.
42. Annuls
43. Finished with work [abbr.]
48. Still of this world
50. "Nanny _" (2005)
52. Chef's culinary cuts
54. Drops a letter into the box
57. Paradise
59. "_ Show of Shows" ('50s variety TV series)
60. Poet's 'frequently'
61. For
62. Neutral tone
64. 'Acid' suffix
65. Sarcastic
66. 'Computer' suffix (Techie jargon)
67. _ Palmas, Spain

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members early this morning. Fortunately, as the day wears on, you encounter fun times, and possibly even romance!

Taurus April 21 - May 21
Be careful this morning, because this is an accident-prone time for you. Be patient and diplomatic with others. Later in the day, relationships with family members are warm and loving.

Gemini May 22 - June 21
Early in the morning, guard your possessions and cash to prevent loss, theft or breakage. However, the rest of the day is upbeat and fun!

Cancer June 22 - July 23
Something unexpected will affect your world early in the morning. Small appliances might break down — or perhaps you are simply out of coffee? Look for ways to boost your income later today.

Leo July 24 - Aug. 23
Something might upset you in the early morning. Fortunately, it is quickly gone. Later today, you will love to travel and explore new places and learn new things.

Virgo Aug. 24 - Sept. 23
A discussion with a female friend might upset you this morning. Don't let this get you down, because the rest of the day is quite pleasant. It happens.

Libra Sept. 24 - Oct. 23
You might have difficulty with parents or bosses early this morning. Not to worry, because a good friend will help you enjoy the rest of the day.

Scorpio Oct. 24 - Nov. 22
Travel plans or perhaps school plans will be interrupted this morning. You will have to make adjustments — this is a certainty. An authority figure will help you later in the day.

Sagittarius Nov. 23 - Dec. 21
Double-check banking details and anything to do with shared property early this morning. Something unexpected might occur. Later in the day, travel appeals.

Capricorn Dec. 22 - Jan. 20
Arguments with partners and close friends are likely in the early morning. As the day wears on, you feel better and better. In fact, you might get a gift or a favor from someone.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted in the morning. Something might be canceled or broken. Relationships with others will smooth the way for you later in the day.

Pisces
Feb. 20 - March 20
This morning is an accident-prone time for kids, so be extra vigilant. Likewise, romantic partners might quarrel. Ironically, all is well later in the day.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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1	4		7					

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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6	3	2	7	8	4	1	9	5
4	8	1	2	9	5	6	7	3
9	7	5	6	3	1	4	2	8
7	1	6	8	5	3	9	4	2
5	4	3	9	6	2	7	8	1
2	9	8	4	1	7	5	3	6
3	6	9	5	4	8	2	1	7
8	2	4	1	7	6	3	5	9
1	5	7	3	2	9	8	6	4

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